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OTTAWA TRANSIT

FARE IDEAS

Searching for answers on bus fees

metroNEWS

Officer's retirement 'problematic'

INVESTIGATION

Constable no longer subject to Police Services Act

Joe Lofaro
Metro | Ottawa

An Ottawa police officer who retired immediately after facing charges under the Police Services Act for his handling of a sexual assault investigation should be held accountable, says the head of the Ottawa Rape Crisis Centre.

As reported by Metro, veteran police officer Const. Raymond Lamarre submitted his notice of retirement the day after he was served with an Aug. 27, 2015 notice requiring him to face PSA charges of insubordination, neglect of duty, and deceit.

The charges stem from an Ottawa Police Professional Standards Section investigative report, which ruled there was enough evidence to substantiate the three allegations in a formal hearing at a later date. Since Lamarre retired, the hearing never took place as he was no longer subject to the act.

"I don't believe that anybody should be able to avoid accountability whether they're perpetrators or officers," said Sunny Marriner of the crisis centre.

"I think that each of us have to be accountable for what we have done. I think that's ... deeply problematic."

Since reaching out to police early Tuesday, chief Charles Bordeleau did not respond to a request for comment.

The head of the Ottawa police union, Matt Skof, said he sympathizes with the alleged victim but defended Lamarre's decision to retire because the hearing process is "completely arbitrary."

Employees of the chief or hand-picked consultants are usually the ones chosen to preside over and prosecute officers, which, according to Skof, makes the process "incredibly biased."

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metro NEWS

Your essential daily news

Metro won't be publishing on Remembrance Day. We will return on Nov. 12

SANDY HILL

Teen shot, suspects sought by police

Joe Lofaro
Metro | Ottawa

A 16-year-old boy is expected to survive from injuries he sustained during a shooting in Sandy Hill on Monday.

Police say witnesses saw three males fleeing the scene as well as a black Ford Mustang convertible heading south from the intersection of Chapel and Besserer Streets.

Police received a 911 call just after 3 p.m. about a report of gunshots.

Preliminary reports from EMS indicated that the victim reported he was shot in the back multiple times and had holes in the back of his jacket." First responders were also told he had a bloody face.

Bloodied clothes, including a jacket and Nike shoe, were left behind when the victim was taken by ambulance to CHEO, where he was listed in serious but stable condition.

Paramedics also responded to the call and said they treated him for "traumatic injuries."

Duty Insp. John Medeiros said the victim was conscious and talking to police officers who attended the scene.

"We don't have a description (for the suspects at) this point," he said. "Some of our officers may have that but they will be putting those details together and releasing a description."

WITH FILES FROM HALEY RITCHIE

Veterans ceremony will return to City Hall in 2016

VETERANS AFFAIRS

Organizers forced to move due to Order of Ottawa gala

Haley Ritchie
Metro | Ottawa

After being moved out of City Hall despite a seven-year tradition, the veterans of the "forgotten war" say they're expecting a smaller turnout this year at a special ceremony to honour Canadians buried in Korea.

Whether it's a big or small crowd, organizer William Black said he still plans to turn to the east and read the names of the 21 Ottawa soldiers that never came home.

This year he'll be doing so outside in the dark, in front of the Monument to Canadian Fallen on McKenzie King Bridge.

"Since it will be out in the cold, I don't anticipate a large following, but it's meaningful even if there's only a few," said Black, who is the Ottawa president of the local chapter of the Korean War Veterans Association. "We'll remember the soldiers who didn't return regardless of the number of people out."

Usually, the ceremony is held inside City Hall, but this year the space was already booked in advance for the mayor's Order of Ottawa Awards ceremony.

"I'm surprised they would do that to the veterans," said Black. "It might have been an oversight there or a miscommunication. It's Veterans' Week and they know we've been there for a number of years."

Mayor Jim Watson's press secretary, Brook Simpson, said the city's facilities manager told Black in September that the room was not available and was told they'd found a different space.

After criticism Sunday from Sen. Yonah Martin, Simpson said the facilities manager called Black on Monday to offer him a different location and guarantee the space for next year.

The "Turn Toward Busan" ceremony remembers Canadians who are buried in Busan, South Korea.

The event begins at 8:30 p.m. local time on Nov. 10, the time at which ceremonies for Remembrance Day take place in South Korea.

TRAFFIC CONGESTED PATH OF PROGRESS A section of O'Connor Street is the latest to feel the impacts of progress as crews build a station for the city's new light rail train system. As of this week, O'Connor will be reduced to one lane between Wellington and Queen streets until the end of December, as the street-level portion of Parliament Station is constructed. Crews are currently tunnelling under Ottawa's downtown to build the 12.5-kilometre rail line, which is scheduled to open in 2018. Parliament Station is one of three new downtown hubs planned to serve the line, which is expected to replace the majority of buses that currently jam the downtown core every day. EMMA JACKSON/METRO

Life in the digital trenches

VIMY RIDGE

Company developing virtual-reality war simulator

Joe Lofaro
Metro | Ottawa

After the sound of bullets whiz by my head, I turn around and grab a gas mask with my hands.

The popping sound of enemy gunfire continues as the ground rumbles beneath my feet from nearby artillery bombardment. I've found myself in 1917 in the midst of the battle of Vimy Ridge.

But when I take off my Oculus headset, I'm back in 2015, surrounded by a sea of workstation cubicles on the second floor of a Kanata office building.

SimWave Consulting is a spin-off of SimFront, which develops simulation software and training for the Department of National Defence. The tech firm is making a virtual-reality booth to simulate life in the trenches during Canada's historic battle from the First World War.

The Vimy Ridge experience includes an Oculus virtual-reality headset, an Xbox Kinect motion-sensing camera, headphones and real, 4D effects like wind, heat, cold, a vibrating platform and soon smells from the battlefield.

The six-foot-square booth made of glass and aluminum is about 8.5 feet tall. The team of seven at SimWave, located on March Road, is working on the booth for the 100th anniversary of the battle of Vimy Ridge and for Canada 2017.

Once it's finished, the company's chief financial officer says it will be a history lesson you will never forget.

"It was a big turning point in the war, so we wanted to make sure everybody knew about it and wanted to use this technology to teach people in a way that they would walk away and remember," said Adam Caithness.

"So it's one thing to watch a video or to read a book about it. But when you're in this scenario and you're in the trench going up into No Man's Land, it's a totally different feeling. And you're going to remember that."

The company has been working with the Canadian War Museum to make sure the exhibit is historically accurate.

SimWave is also in the early stages of talks with the museum to see if it is interested in possibly using the virtual-reality booth as an exhibit in 2017. It's still in the prototype stage, but the team is plugging away at it and trying to get museums on board to give the public access.

The team attended the Ontario Museum Association conference last week in Windsor and is planning to take the booth on a road trip to Nova Scotia next spring for the Canadian Museum Association's national conference.

Locally, the firm will try to make a splash at Lansdowne Park on Nov. 20 at Pitchfest + Expo, a networking and partnership event for businesses and tourism officials to come up with ideas for 2017.

Joaquin Habacon, creative technology director, said he wants this project to push the boundaries of virtual-reality technology but also to pay homage to Canadian soldiers.

Most SimWave staff are entrenched in military life, as its sister company worked very closely with frontline soldiers who fought in Afghanistan.

"We'd watch interviews on CBC … going back a few years. And there'd be guys on there giving interviews over in Afghanistan, and it's like, 'We trained that guy at a training exercise before he left,'" recalled Caithness.

"It really hits home with a lot of guys in the office, the military world. When this project came up, we realized it's coming close to the hundredth anniversary of Vimy Ridge.

"As we just asked people we knew, we realized there's a lot of people that don't know the significance of that battle, especially younger Canadians."

Top: the team at Kanata-based SimWave Consulting Inc. is using an Oculus virtual-reality headset, an Xbox Kinect motion-sensing camera and headphones to simulate the historic battle of Vimy Ridge. Bottom: Wearing a virtual-reality headset at the SimWave office, developer Joshua Proulx navigates a digital landscape. JOE LOFARO/METRO

> **"It was a big turning point in the war, so we wanted to make sure everybody knew about it and wanted to use this technology to teach people in a way that they would walk away and remember.**
> Adam Caithness

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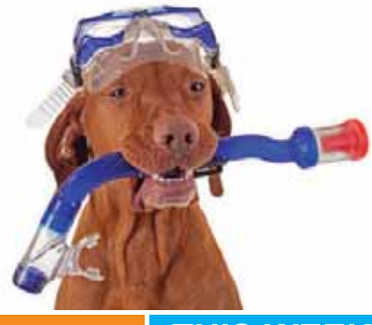

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Rundown building might become park

O'CONNOR HOUSE

Heritage advocates push for preservation

Lucy Scholey
Metro | Ottawa

Ottawa Community Housing is turning to the province for help with a rundown Lowertown heritage building.

The O'Connor House, at 171 Bruyere St., is replete with foundation cracks, rotting beams and a decrepit deck, which could cost up to $250,000 or more in repairs, according to an engineering report.

Ottawa Community Housing (OCH) wants to knock the whole thing down and replace it with a parkette — a small area of green space complete with pergolas, low benches and walls.

Given the long list of repairs, and the OCH's especially vulnerable clientele, the city corporation argues its buildings need to meet all health and safety standards.

"We felt the parkette was a reasonable compromise given the challenges," said Cliff Youdale, executive director of the OCH's asset management services, before the built heritage subcommittee on Monday. Neighbours have said they would like a community garden in the space.

But heritage advocates argue the O'Connor House is worth preserving.

It was built in the 1880s, but significantly rebuilt between 1910 and 1930. Thomas O'Connor, an early Irish resident who was among the first members of the St. Brigid Parish in 1889, lived there with his wife and eight children. The family occupied the home for about a century.

Ottawa Community Housing wants to demolish 171 Bruyere St. and replace it with a parkette, but city staff is against the plan. COURTESY CITY OF OTTAWA

"A parkette doesn't really constitute an adaptive reuse of a heritage building," said Heritage Ottawa president David Jeanes.

Marianne Wilkinson, who was formerly chair of the OCH, said the building has been a "thorn in their side" for years. She said it needs a fire escape and significant upkeep before tenants move back in.

> **I certainly wouldn't want to live there.**
> Marianne Wilkinson

"I certainly wouldn't want to live there," she said.

The costs of building a parkette are about $125,000 — not including demolition. The overall price tag could be comparable to fixing up the house, noted committee chair Coun. Tobi Nussbaum.

The committee ultimately voted to defer any decision on the building until January, while the OCH turns to province for other viable options.

WITH FILES FROM METROLAND MEDIA

IN BRIEF

Fate of 19-century barn remains undecided

It's yet to be decided whether a 19th-century Stittsville barn will have a new home.

The city's built heritage sub-committee voted to defer a decision on the Bradley/Craig dairy farmstead until Dec. 10.

The owner wants to dismantle the barn and rebuild it at the touristy Saunders Farm. Stittsville councillor Shad Qadri is in favour of the move, but city staff is not.

LUCY SCHOLEY/METRO

SUICIDE PREVENTION

New dollars for mental health

Ottawa Public Health is looking at injecting $200,000 into mental health awareness next year.

The one-time city funds will be invested in the SafeTalk suicide prevention program, a provincial initiative that trains people to help others with suicidal thoughts and promotes psychological health in the workplace. On average, 66 people die of suicide every year in Ottawa, according to city statistics.

The new funding is outlined in the $59 million Ottawa Public Health (OPH) budget, which staff tabled on Monday. Of that figure, taxpayers are funding $12.6 million, which is $300,000 more than last year. The province is contributing $44 million and dental recoveries are footing the remaining $2.4 million.

"We've taken the hard steps to present to you a balanced budget this evening," said Esther Moghadam, the city's deputy director and senior nursing officer. Staff in all departments have been tasked with slashing an anticipated citywide $52-million budget shortfall this year.

As for OPH, the city is looking at investing $1.2 million in programs next year, including the mental health initiative, brain injury prevention, and outreach in schools.

Staff are also recommending a reserve fund of $200,000 to help offset the costs of aging IT systems in case they fail.

A draft of the city budget will be tabled on Thursday. As for the board of health-specific 2016 budget, members of the public are invited to provide their input on Dec. 7.

Council will vote on the final 2016 budget on Dec. 9.

LUCY SCHOLEY/METRO

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The cost of riding OC Transpo's buses will likely increase in 2016 as part of the city's effort to keep its light rail project on track. EMMA JACKSON/METRO

Fare hikes to cover shortfall in works

OC TRANSPO

Taxes better to recoup costs: Councillor

Emma Jackson
Metro | Ottawa

Bus fares will likely be a hot topic at Thursday 's transit commission meeting, as OC Transpo stares down an $11.5-million deficit.

The city's 2011 transit affordability plan calls for regular, incremental fare increases of 2.5 per cent each year, to pay for Ottawa's massive light rail project.

But commission chairman Coun. Stephen Blais refused to say whether the increase would be higher than usual to help fight the unexpected shortfall.

The transit operator announced the deficit in September, blaming it largely on higher insurance payouts and maintenance costs but also on flatlining ridership, which has held steady at 97 million customer trips per year. That led to a $1.7-million shortfall in fare revenues in 2015.

While Blais wouldn't discuss details, he made it clear that OC Transpo stands by its predictable increase program.

"Residents will be presented with a budget that continues to ensure that OC Transpo offers a high level of service, while at the same time continues to move us toward … our framework of affordability for light rail," he said.

Not everyone agrees with this approach, and there could be debate around the commission table about how the city approaches rider costs.

Fare freeze

Rideau-Rockcliffe Coun. Tobi Nussbaum, a member of the commission, hasn't decided whether he'll move to stop the fare increase during the budget process, but he has been vocal that fares are going up as service levels go down.

"We need to work very hard to keep the fare increases as close to zero as we can, given that the system is undergoing some convulsion over the next few years (due to light rail construction)," said Nussbaum. He said the city should temporarily abandon its goal of recouping 55 per cent of its operating budget from fares.

"It's not unreasonable to ask for help from the tax base until the LRT is up and running," he said.

Blais said that approach is akin to removing three steps from a set of stairs; to get to the top, you're going to have to make the jump sooner or later.

"Is it easier for people to go step by step, or it is easier for people to make that giant leap all at once?" Blais asked. "Most people prefer to take steady, incremental steps."

Low-income pass

Trevor Haché of the Healthy Transportation Coalition is leading the charge to develop a low-income transit pass that would offer subsidized transit to residents living below Statistics Canada's low-income cutoff line.

The community pass is now only available to people on disability, leaving the working poor and those on welfare struggling to pay for transportation, Haché said.

Two citizen commissioners recently asked city staff to study how to implement such a pass. A handful of Canadian municipalities offer something similar: Guelph's transit system, for example, offers a 50 per cent discount to people who live below the poverty line.

The problem, Blais said, is that subsidizing a low-income pass could mean regular fares compensate for those losses, putting prices up even more.

He was unclear if staff's findings will inform the 2016 budget process, and hesitated to confirm if changes might be made before the next increase comes into effect on July 1, 2016.

"It's being actively talked about; it's being reviewed," he said after a long pause. "If it's a revenue neutral push there's still time to make the change."

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A bird of prey is reflected in Consilium Place in Toronto as it flies by. STEVE RUSSELL/TORSTAR NEWS SERVICE

Ontario may get bird laws

ENVIRONMENT

Regulations could cut their rates of death in urban areas

Ontario is considering regulations to force owners of tall buildings to take steps to protect birds, which die by the millions each year as they fly into skyscrapers.

Birds are confused by lights left on in highrises at night, and during the day they get disoriented by glass windows that reflect the sky or nearby trees and plants.

Environmental commissioner Ellen Schwartzel takes the Liberal government to task in her annual report for saying voluntary measures are the way to get building owners to turn off lights, install non-reflective glass and window coverings.

A 2013 ruling by the Ontario Court of Justice found reflected light that is responsible for bird deaths is a "contaminant" under the Environmental Protection Act.

Schwartzel says that ruling put a responsibility to regulate on the ministry of the environment, but instead it opted for a voluntary approach to get building owners to take steps to protect birds.

Environment Minister Glen Murray says his staff may have been too quick to reject the idea of regulations, and says he agrees with the commissioner's criticisms.

Murray admits he wasn't paying much attention to bird deaths until he read Schwartzel's report, where he learned about the court ruling on reflected light and how the problem leads to so many bird deaths.

THE CANADIAN PRESS

IN BRIEF

Ottawa tow-truck driver charged in fatal crash

Ottawa police have charged an Ottawa tow-truck driver following a fatal crash in the city's west end on Sunday.

Police were called to a serious collision shortly after 2 p.m. that day at the intersection of Meadowlands Drive and Viewmount Drive and opened an investigation.

On Monday, police charged Hassan Haj-Saleh, 22, with dangerous operation of a motor vehicle causing death and dangerous operation of a vehicle causing bodily harm. He was scheduled to appear in court on Monday. Police are seeking information from witnesses. Anyone with information is asked to call 613-236-1222, extension 2481. JOE LOFARO/METRO

COURTS

Criminal on bail gets sentence slashed

A man who participated in a home invasion had his two-year sentence slashed Monday because he turned his life around while on bail awaiting to appeal his conviction.

In reducing the punishment to seven weeks time served, Ontario's top court said there was little point in insisting that Mahmoud Ghadban, of Ottawa, go back to prison even though he has abandoned his appeal.

While the two-year term initially handed Ghadban was appropriate, the Court of Appeal unanimously found his circumstances warranted leniency.

"To the extent sentences imposed by the courts 'send a message,' the message sent by reducing the sentence would be that where an offender takes unusual steps to turn his life around, those steps will be recognized by the court," Justice Robert Sharpe wrote in the decision.

Ghadban already had convictions for robbery and assault when a Superior Court justice convicted him in June 2012 for his role in the home invasion two years earlier. The then-27-year-old spent 23 hours a day in solitary confinement for seven weeks in a maximum-security facility until his release on bail pending his appeal.

However, the appeal went nowhere, in part because of problems with his lawyers, in part because he was unable to pay them.

Ultimately, Ghadban abandoned the conviction appeal, saying he wanted to take responsibility for his crime. But in pursuing the sentencing appeal, he sought to introduce as fresh evidence the steps he had taken while on bail to getting his life in order.

The Crown did not oppose the fresh evidence.

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Skip Mike McLean, second right, third Brit O'Neill, second Andrew Denny-Petch and lead Karen Sagle are heading to the 53rd Canadian Mixed Curling Championship. CONTRIBUTED

'Hopefully we can do everyone proud'

CURLING

Ottawa team representing Ontario at nationals

Haley Ritchie
Metro | Ottawa

Team Ontario, competing at the 53rd Canadian Mixed Curling Championship this week, are representing not only the province but also their city — all four members of the team are Ottawa locals.

Skip Mike McLean, lead Karen Sagle, second Andrew Denny-Petch and third Brit O'Neill flew into Toronto on Saturday and are already off to a good start.

"It's very exciting," McLean said from the Weston Gold and Country Club in Toronto on Monday before facing off against New Brunswick.

Fourteen teams from across the country are playing all week to make it to the finals, representing the 10 provinces plus Northern Ontario and the territories.

The event is divided into pools of seven. Ontario won against Nunavut 12-1 on Sunday and will be playing teams from the Northwest Territories, Quebec, Yukon, New Brunswick and Manitoba in round-robin play. The top four teams in each pool will then face off.

Since the championship is in Toronto this year, McLean said, there's been no shortage of fans cheering on the province.

"It's great to be the home team. We have a lot of supporters coming out, friends and family and meeting people for the first time that are just here to cheer for the Ontario flag," he said. "Hopefully we can do everyone proud."

The final games will be played Nov. 14, with the finalists carrying on to represent Canada at the 2016 world mixed curling championship in Kazan, Russia in October.

Last year a different Ottawa-based Team Ontario made it to the semifinals and won bronze in North Bay. Ontario last won gold in 2013.

McLean said nationals are the farthest the members of this year's team have been but they're in it for the sport, whether they're on ice in Russia or the Ottawa Curling Club.

"It's exciting enough just to represent the province, but to represent Canada would be the ultimate dream," he said.

> **It's great to be the home team. We have a lot of supporters ... that are just here to cheer for the Ontario flag.**
> Skip Mike McLean

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Feds remove royal portrait

GOVERNMENT

Quebec artist's works return to Global Affairs HQ

Michael Woods
Metro | Ottawa

Employees at newly renamed Global Affairs Canada arrived at department headquarters Monday morning to a less royal welcome than usual.

The new Liberal government has taken down a portrait of Queen Elizabeth II at the main entrance of the Lester B. Pearson building and replaced it with two oil paintings by Quebec artist Alfred Pellan.

The celebrated giant oil paintings had hung at the main entrance of the building for decades until 2011, when then-foreign affairs minister John Baird ordered they be replaced with a portrait of the Queen.

That move ruffled some feathers at the department. Now, the old paintings are back. They were re-installed on Sunday and greeted department employees when they arrived at work on Monday.

"Global Affairs Canada is committed to showcasing Canada, our art and our culture in all of our facilities, whether at home here in Canada or abroad in our embassies, high commissions and consulates," department spokesman John Babcock said in an email.

He added that the reinstallation of the pair of paintings "represents our continued interest in representing the best of Canada at every opportunity.

"These brightly coloured paintings, entitled Canada West Canada East, depict some of the best of Canada and are an excellent way to welcome Canadians and guests to Global Affairs Canada."

The two giant oil paintings were originally commissioned for the first Canadian mission in Brazil for its opening in 1944.

Pellan, a celebrated artist, painted them just after he returned to Quebec from Paris and World War II.

They were placed there when the Queen herself officially opened the Pearson building in 1973.

It's the latest change at Foreign Affairs, which the Liberals renamed Global Affairs Canada, replacing the former Department of Foreign Affairs, Trade and Development moniker.

When Prime Minister Justin Trudeau arrived at the building to greet employees on Friday, he was swarmed by adoring staff, a move some criticized as overly partisan.

A portrait of the Queen hangs on the Sovereign's Wall at the entrance to the Department of Foreign Affairs building in Ottawa in 2011. ADRIAN WYLD/ THE CANADIAN PRESS FILE

IN BRIEF

Assault charges laid

Ottawa police have charged two men in connection with an Oct. 30 assault.

Police were called to the 2000 block of Alta Vista Drive. Two male victims, a 16-year-old and a 17-year-old, were taken to hospital. One sustained life-threatening injuries and remained in stable condition Monday night.

Two arrests were made on Nov. 6 in connection with the attack.

Ahmed Jama, 18, is charged with attempted murder, aggravated assault, conspiracy to commit an indictable offence, possession of dangerous weapons and two counts of assault with a weapon.

Hashem Khraibah, 19, is charged with conspiracy to commit an indictable offence, assault causing bodily harm, possession of dangerous weapons, wearing a disguise with intent and two counts of assault with a weapon. He appeared in court Nov. 8.

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CANADIAN PACIFIC

Derailment leaving residents displaced

Contractors worked to clear more than a dozen derailed cars of a loaded Canadian Pacific Railway train Monday after thousands of litres of crude oil spilled from one tanker, causing the evacuation of a neighbourhood in a small southern Wisconsin city.

Residents who evacuated dozens of homes in Watertown following the derailment Sunday afternoon were still being kept away Monday as 12 derailed cars were moved to a temporary track. Thirteen of the train's 110 cars derailed, and 109 of them were carrying crude oil, officials said.

Crews were dismantling and removing one car that was punctured, and it spilled no more than 3,800 litres, Canadian Pacific spokesman Andrew Cummings said. The railroad said the leaking car was sealed, the oil contained and siphoned off, and that none of the product reached any waterways.

It was the second freight train derailment in as many days in Wisconsin. On Saturday, 25 BNSF train cars including tankers derailed, spilling more than 68,000 litres of ethanol along the shores on the Mississippi River in western Wisconsin. THE CANADIAN PRESS

The scene of a train derailment in Watertown, Wis. Monday. WISCONSIN STATE JOURNAL/JOHN HART/THE ASSOCIATED PRESS

CRACKLE AND GLOW A Saskatchewan photographer captured a huge fireball as it streaked across the night sky over Ralph, Sask. on Nov. 8. Bill Allen's spectacular photo has been viewed and shared thousands of times on social media. It's believed the fireball was part of the Taurid meteor shower that's expected to peak this week. COURTESY OF BILL ALLEN/THE CANADIAN PRESS

MIGRATION

Air Canada offers to help Syrian refugees

Plans to resettle 25,000 Syrian refugees by year's end could involve assistance from commercial air carriers, at least one of which has already offered space on its planes to the Liberal government.

Air Canada reached out to the new government following the election, offering its services to help ferry people to Canada as they flee the ongoing civil war and other unrest in Syria.

Though the airline can't fly directly into Syria itself, it could land planes in Istanbul as well as Beirut; an estimated 1 million people in Lebanon have registered with the United Nations as refugees from the conflict.

> **Every option is on the table.**
> Immigration Minister John McCallum on moving refugees safely and quickly

"Air Canada has offered to co-operate with the federal government to the fullest extent possible in any operation to transport Syrian refugees," spokesman Peter Fitzpatrick said in an email. "At this point, however, we have only exchanged preliminary information." THE CANADIAN PRESS

IN BRIEF

Liberals jump at chance to grab some quick cash

What do you do when a newly elected prime minister's quip grabs international attention? Put it on a T-shirt and make some money out of it, of course.

The Liberals are doing just that with Justin Trudeau's "Because it's 2015" comment in reference to choosing a gender-balanced cabinet. The shirts, emblazoned with the words "50/50: Because it's 2015 – PMJT" are being offered to supporters who donate a minimum of $100 to the Liberal Party within the next two days. METRO

Stephen Harper accepts ride to Calgary in VIP jet

He pulled up for the first meeting of the Opposition Conservative caucus in a basic minivan, but Stephen Harper flew home in style.

The Canadian Press has learned that thanks to an offer by Prime Minister Justin Trudeau, Harper returned to Calgary last week aboard a government-owned VIP Challenger jet. Previous Liberal governments' use of the luxury planes was among the things Harper used to needle them about when he was Opposition leader. THE CANADIAN PRESS

McKenna gives OK to dump sewage in river

ENVIRONMENT

Asks Montreal to create, meet conditions for huge discharge

Environment Minister Catherine McKenna has green-lighted Montreal's plan to discharge eight billion litres of untreated sewage into the St. Lawrence River if certain conditions are met.

McKenna told reporters from Paris she's asking the city to implement several measures before dumping the waste water such as monitoring the discharge and to improve emergency-planning clean-up measures.

She says the discharge can begin as soon as the conditions are met and must be completed by Dec. 5.

Montreal Mayor Denis Coderre has said the dump is necessary because the city must temporarily close a large sewer that feeds sewage to a treatment facility and alternative solutions would be too costly.

In mid-October, the discharge plan was suspended by the previous Conservative government, which appointed an independent panel of experts to determine if the waste water would be acutely toxic. The panel's report was released Friday and stated the risks of waiting were greater than the city's plan to dump the sewage into the river. THE CANADIAN PRESS

PREPARING FOR COP21

Greenhouse gas target should be considered floor for future action: McKenna

Canada's national target set by the Conservatives for cutting greenhouse gas emissions should be considered a floor for future action, federal Environment Minister Catherine McKenna said Monday.

The new Liberal government has so far refused to set a carbon reduction target in advance of the COP21 international climate conference that begins at the end of the month, citing the need to consult with the provinces before putting in place a credible national plan.

McKenna is in Paris attending ministerial meetings in advance of COP21, where the international community hopes to set in place a post-2020 framework for global action on climate change.

The key, she said, is "to figure out what you can actually do. You can have a target, but you have to be able to meet the target and you have to take concrete actions toward those targets." THE CANADIAN PRESS

RBC

Youth optimism on steady decline: Survey

Jessica Smith Cross
Metro | Toronto

Right around the time teens hit adulthood, their outlook on their future becomes considerably less rosy, a major Canadian bank has found in a new survey.

RBC commissioned an in-depth survey on the optimism of youth, released Tuesday, that found the numbers of 18- to 21-year-olds who say they're happy, have a positive outlook on life and are excited about their future are 15 to 25 per cent lower than teens aged 14 to 17.

Lauren Friese, founder of TalentEgg, a service that connects youth with jobs, collaborated with RBC on the survey.

The survey indicates that the optimism of youth falls off significantly when those youth — told all their lives to follow their passion in their careers — discover that might not be easy or even possible, she said.

"There's a big group of people in school today being told it's important to find meaning in their work and follow their passion. It's putting all these expectations on them, but every story in the media and every statistic tells them, 'It's going to be hard for you; it's going to be harder than previous generations for you,'" she said. "When you get to the workplace, expectations and realities are not in line."

Friese's advice is to help young people try out different career paths in internships and extracurricular activities until they discover what both makes them happy and is feasible.

HAPPINESS

Adulthood vs. adolescence

The Ipsos Reid survey, commissioned by RBC, showed declines in the percentages of 18- to 21-year-olds who said they were happy, compared to 14- to 17-year-olds. Happiness was down 26 points for males (to 59 per cent) and down 16 points for females (to 66 per cent).

2015 RBC YOUTH OPTIMISM STUDY

A woman photographs thousands of Canadian flags placed in honour of Remembrance Day in Toronto on Monday. A Historica Canada poll has found that more than 77 per cent of respondents say they will observe two minutes of silence at 11 a.m. on Nov. 11. NATHAN DENETTE/THE CANADIAN PRESS

Poll splits opinion on young adults

REMEMBRANCE DAY

Demographic regarded as less appreciative of sacrifice made

Canadians overwhelmingly find Remembrance Day as relevant today as when it began nearly a century ago but are split on whether younger generations properly appreciate and honour the country's veterans, according to a new survey released days before the ceremony.

The poll commissioned by Historica Canada found that 82 per cent of Canadians believe the annual tribute is as important now as it was shortly after the First World War.

Only slightly more than half (54 per cent), however, feel today's youth "do a good job" of honouring veterans, and slightly fewer than half (46 per cent) think young people understand the sacrifices of those who have died in conflict.

Even those under 35 are torn, with only 54 per cent saying young people recognize veterans' sacrifices — in itself a sign of engagement, Historica Canada's president said.

"When the answer among youth themselves is split as to whether they sufficiently care or not, if you're saying, 'Yeah, I don't actually know if I care as much as I should,' in effect you're really saying, 'I do care because I've taken the trouble to think about that,'" Anthony Wilson-Smith said.

Overall, the importance Canadians attribute to the Nov. 11 commemoration has risen slightly in the decade that Historica Canada has been polling on the topic, Wilson-Smith said.

Support for making Remembrance Day a national holiday has remained steady since 2012 at 85 per cent. While it is currently a federal statutory holiday, only six provinces deem it a day off.

THE CANADIAN PRESS

79%

The percentage of respondents who said they will wear the traditional poppy to mark Remembrance Day.

91%

The percentage of respondents who believe Canada should do more to honour its veterans.

TESTIMONIAL

War veteran reflects on life after WWII

When David Seager left the British army all he wanted to do was forget the Second World War.

Seager, now 91, moved to Canada and he says it took several decades before he was able to openly talk about his experiences during the campaign against the Japanese in Burma.

For Seager, opening up about his military experience was a gradual process that began in 1987 in Merrickville, Ont., when a neighbour who had served as a nurse during the Allied campaign in Africa asked him to join her in the town's Remembrance Day parade.

"She wore her medals and said, 'Why don't you wear yours?'"

As a consequence of his friend's encouragement, Seager says he gradually developed an interest in telling his own story to the point where he regularly gives presentations to school-aged children in Halifax, where he now lives.

He's had 26 speaking engagements in elementary, junior and senior high schools since 2002.

"The feedback from the kids has encouraged me to keep on doing it," he says. "As a result, things come back to you which you have forgotten."

Seager says Remembrance Day itself has also been key in keeping his memories alive.

THE CANADIAN PRESS

David Seager
THE CANADIAN PRESS

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A girl watches a killer whale in a tank at SeaWorld in San Diego, Calif. The company's revenue has sunk since the 2013 release of the documentary Blackfish. THE ASSOCIATED PRESS FILE

SeaWorld to end its orca shows

UNITED STATES

San Diego park to focus on whales in their natural setting

SeaWorld will end its orca shows at its San Diego, Calif., park by 2017, its top executive said Monday, saying customers at the location have made it clear they prefer killer whales acting more naturally rather than doing tricks.

CEO Joel Manby told investors that the park — where the iconic shows of killer whales doing flips and other stunts debuted decades ago — will offer a different kind of orca experience focusing on the animal's natural setting and its behaviours, starting in 2017.

Animal-rights activists called the move a marketing gimmick and want the company to phase out holding whales in captivity at all.

"It's captivity that denies these far-ranging orcas everything that is natural and important to them," said Jared Goodman of People for the Ethical Treatment of Animals.

The Orlando, Fla.-based company has seen revenue drop since the 2013 release of the documentary Blackfish, which examined how orcas respond to captivity, particularly in the case of Tilikum, a killer whale that caused trainer Dawn Brancheau's 2010 death by pulling her into a pool at SeaWorld Orlando.

Attendance has dropped the most at its San Diego location, and the decision to end such shows would be limited for now to that park. Shows at its other parks, including in San Antonio and Orlando, will continue. THE ASSOCIATED PRESS

EXPANSION?

Tank plans may change

SeaWorld CEO Joel Manby also indicated to investors that the company may change its plans for a $100-million expansion of its tanks for its killer whales, which was endorsed by the California Coastal Commission last month on the condition it agree to stop breeding orcas, among other restrictions. THE ASSOCIATED PRESS

EGYPT

Security fears oust tourists

Thousands of Russian vacationers were heading home from Egypt on Monday aboard special planes sent by Moscow, which has suspended all flights to Egypt amid security concerns in the aftermath of the Oct. 31 plane crash of a Russian airliner that killed all 224 people on board.

Other airliners from Britain and Western Europe also are arriving to bring their nationals home, after several countries and airlines last week suspended new flights to Egypt because of the security concerns as suspicions focused on the possibility that a bomb caused the Metrojet crash.

U.S. and British officials have cited intelligence reports as indicating that the Oct. 31 flight from the Sinai resort town of Sharm el-Sheikh to St. Petersburg was brought down by a bomb on board. Most of the 224 people on board were Russian tourists.

British Foreign Secretary Phillip Hammond offered some of the strongest comments yet on the issue, telling reporters on Monday it "now looks more likely than not to have been an explosive device smuggled on to the plane" by operatives or loyalists of the Islamic State of Iraq and the Levant.

Hammond, speaking from the United Nations in New York, said the United Kingdom was willing to resume flights to Sharm el-Sheikh, but added, "That will depend on us working together with the Egyptian authorities and with the airlines to put in place security arrangements which are robust."

Israel Defence Minister Moshe Yaalon told reporters on Monday there was a "high probability" that a bomb brought down the plane. THE ASSOCIATED PRESS

Russian passengers wait outside the Sharm el-Sheikh Airport in South Sinai, Egypt, on Monday. THE ASSOCIATED PRESS

CATALONIA

Lawmakers OK secession plan

The regional parliament of Catalonia launched a plan Monday to set up a road map for independence from Spain by 2017, defying warnings from the central government in Madrid that it is violating the nation's constitution.

Spanish Prime Minister Mariano Rajoy pledged to halt the effort.

The chamber, based in Barcelona, passed the secession resolution in a 72-63 vote.

The proposal was made by pro-secession lawmakers from the Together for Yes alliance and the extreme left-wing Popular Unity Candidacy (CUP). The groups together obtained a parliamentary majority in regional elections in September that they presented as a stand-in plebiscite on independence after the central government in Madrid refused to allow an official referendum.

Spain's government reacted swiftly Monday. In a nationally televised address, Rajoy said his government will appeal the decision at the constitutional court. THE ASSOCIATED PRESS

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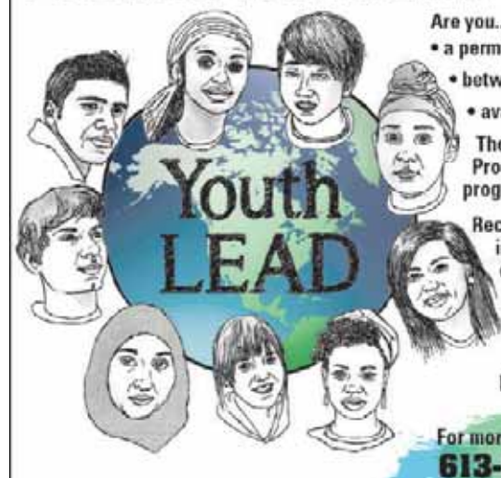

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Respite at border for kids

GREECE-MACEDONIA

Charities establish play centre for young refugees

As thousands of refugees wait long hours to cross the Greece-Macedonia border to head to more prosperous northern European countries, respite is on offer for the youngest.

Charities have set up a children's play centre, which opened about 10 days ago and is operational 24 hours a day, in the Idomeni camp, where children can watch cartoons or draw while their parents wait for their family's turn to cross the border.

"We try to occupy the children, care for infants and also identify unaccompanied minors so efforts can begin to reunite them with their families," said Alexis Vrahnos, local co-ordinator of the Arsis charity that set up the play centre in co-operation with Save the Children and Terre Des Hommes.

A Syrian girl draws at a refugee camp near Idomeni, Greece, on Monday. THE ASSOCIATED PRESS

The play centre is staffed around the clock by a psychologist, a teacher, two interpreters and a nurse.

Sitting at one table is five-year-old Alman from Kobani, Syria, along with his two brothers. He proudly holds up the picture he's been drawing.

"It's a child walking on water," he tells a visiting reporter.

His father Mahmoud says the family travelled to the Greek island of Lesbos from the nearby Turkish coast — a short but perilous journey that has cost many lives as overcrowded dinghies or wooden boats capsize or sink.

"We had a difficult journey in the sea until we reached Mytilene," he says, referring to the island's capital. "The children were all wearing life jackets, but what they lived through was terrifying. Thankfully they will quickly forget it."

He didn't want to give a surname for fear of persecution of relatives back home.

Two sisters from the Syrian city of Hama — four-year-old Sofia and her three-year-old sister Lilas — as well as their three cousins, sit at the next table. Sofia draws a picture of flowers.

"The boys usually draw guns," said her father Mohamed Kheer of his three nephews. "The girls draw houses and flowers." THE ASSOCIATED PRESS

> **The girls draw houses and flowers.**
> Refugee Mohamed Keer

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MYANMAR

Aung San Suu Kyi's party claims win

The party of opposition leader Aung San Suu Kyi claimed victory Monday in virtually every seat in four states where results of Myanmar's historic parliamentary election were known, signalling a sweep that could give it the presidency and further loosen the military's stranglehold.

The announcement at the headquarters of the National League for Democracy (NLD) in Yangon set off a new round of jubilation among the party's red-shirted supporters, who already had been celebrating the result of Sunday's vote.

The NLD said it had won 44 of the 45 lower-house seats and all 12 of the upper-house seats from the party stronghold of Yangon, Myanmar's biggest city. It also won all 38 seats in Ayeyarwaddy state, all but one of the 40 in Bago and 11 out of 19 lower-house seats and all 10 upper-house seats in Mon state. The trend was expected to continue in Myanmar's remaining 10 states.

Even without official results, it was clear the Union Solidarity Development Party was facing a rout. The party is made up of former junta members who ruled the country for 50 years and as a quasi-civilian government since 2011. Many of its leaders conceded defeats in their races.

THE ASSOCIATED PRESS

Myanmar's opposition leader Aung San Suu Kyi waves after delivering a speech in Yangon, Myanmar, on Monday.
GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

IN BRIEF

Police officer opens fire at compound, kills five

A Jordanian police officer opened fire Monday at a regional police training centre in the Jordanian capital of Amman, killing two Americans, two Jordanians and a South African before being shot dead, the Jordanian government spokesman said. The attack also wounded seven people. The spokesman said authorities are investigating whether the attacker's motive was personal or political.
THE ASSOCIATED PRESS

Dozens electrocuted in Iraqi floods

Sixty-nine people have died across Iraq over the past two weeks, due to a combination of the country's dilapidated electrical grid and heavy rains that overwhelmed sewer systems, the Iraqi Ministry of Health said. Many died in their homes as they waded through flooded first-floor rooms. Others were electrocuted in the city streets where electrical lines are haphazard and jerry-rigged, connecting homes to the municipal grid and a network of generators.
THE ASSOCIATED PRESS

Obama and Netanyahu meet to talk peace

U.S. President Barack Obama and Israeli Prime Minister Benjamin Netanyahu reaffirmed their commitment to seeking elusive Middle East peace on Monday at the White House, though prospects for an agreement between Israelis and Palestinians appear ever further out of reach. Israel has accused Palestinian political and religious leaders of inciting violence, while Palestinians say it's due to a lack of hope for gaining independence after years of failed peace efforts. THE ASSOCIATED PRESS

Conference focuses on threat posed by jihadists

Islamic extremists are expanding their reach in West Africa, using porous borders and exploiting political chaos to further their attacks, security experts said Monday at the opening of a conference in Dakar, Senegal, on the jihadist threat. Hundreds of security officials from Africa, the U.S. and the United Nations are taking part in the conference to develop strategies for a response to the attacks that have mounted this year far beyond Boko Haram's base in Nigeria.
THE ASSOCIATED PRESS

Shell launches Alberta carbon capture project

CLIMATE CHANGE

Technology key to ensure oilsands stays in game: CEO

The Quest carbon capture and storage facility in Fort Saskatchewan, Alta, is designed to capture and store more than a million tonnes of CO2 each year. JASON FRANSON/THE CANADIAN PRESS

Ben van Beurden would be the first to admit carbon capture and storage (CCS) is not the most alluring technology to look at.

But the CEO of European energy giant Royal Dutch Shell Plc wants CCS — unsexy though it may be in the public's eye — to come as readily to mind when thinking about combating climate change as windmills would.

Van Beurden was among the dignitaries to crank a big yellow valve at Shell's oil processing complex in Fort Saskatchewan northeast of Edmonton last week, officially opening its $1.35-billion Quest project — helped by $745 million from the Alberta government and $120 million from Ottawa.

Quest — a dizzying labyrinth of tubes and pipes — is attached to Shell's Scotford upgrader, where oilsands bitumen from its mine some 500 kilometres north is transformed into refinery-ready crude.

The aim of the project is to capture a million tonnes of carbon dioxide annually that would otherwise escape — about a third of the upgrader's total emissions — and store it more than two kilometres underground.

As Shell sees it, CCS is crucial in ensuring the oilsands remain competitive in an increasingly climate-conscious world. Van Beurden said renewables have their place, but given the globe's population-growth trajectory in the coming decades, phasing out fossil fuels entirely is not realistic.

That's where CCS comes in, he said.

THE CANADIAN PRESS

ECONOMY

Canada's growth to slow: Think-tank

Canada's economic growth this year will slow to 1.2 per cent — about half of what it was last year — before gaining strength in the next two years, says a report released Monday by the Organization for Economic Co-operation and Development.

The Paris-based economic think-tank estimates Canada's gross domestic product, which grew by 2.4 per cent in 2014, won't get back to that level for at least two more years.

It's estimating Canada's 2016 economic growth at 2.0 per cent and 2.3 per cent for 2017.

The figures follow a pattern laid out by the Bank of Canada last month, with some variations. Canada's central bank said on Oct. 21 that its 2015 GDP estimate remained at 1.1 per cent, while it lowered the 2016 and 2017 estimates to 2.0 per cent and 2.5 per cent, respectively.

By comparison, the OECD estimates the United States will grow 2.4 per cent this year, 2.5 per cent in 2016 and 2.4 per cent in 2017 — outpacing most other G7 countries by a wide margin each year.

THE CANADIAN PRESS

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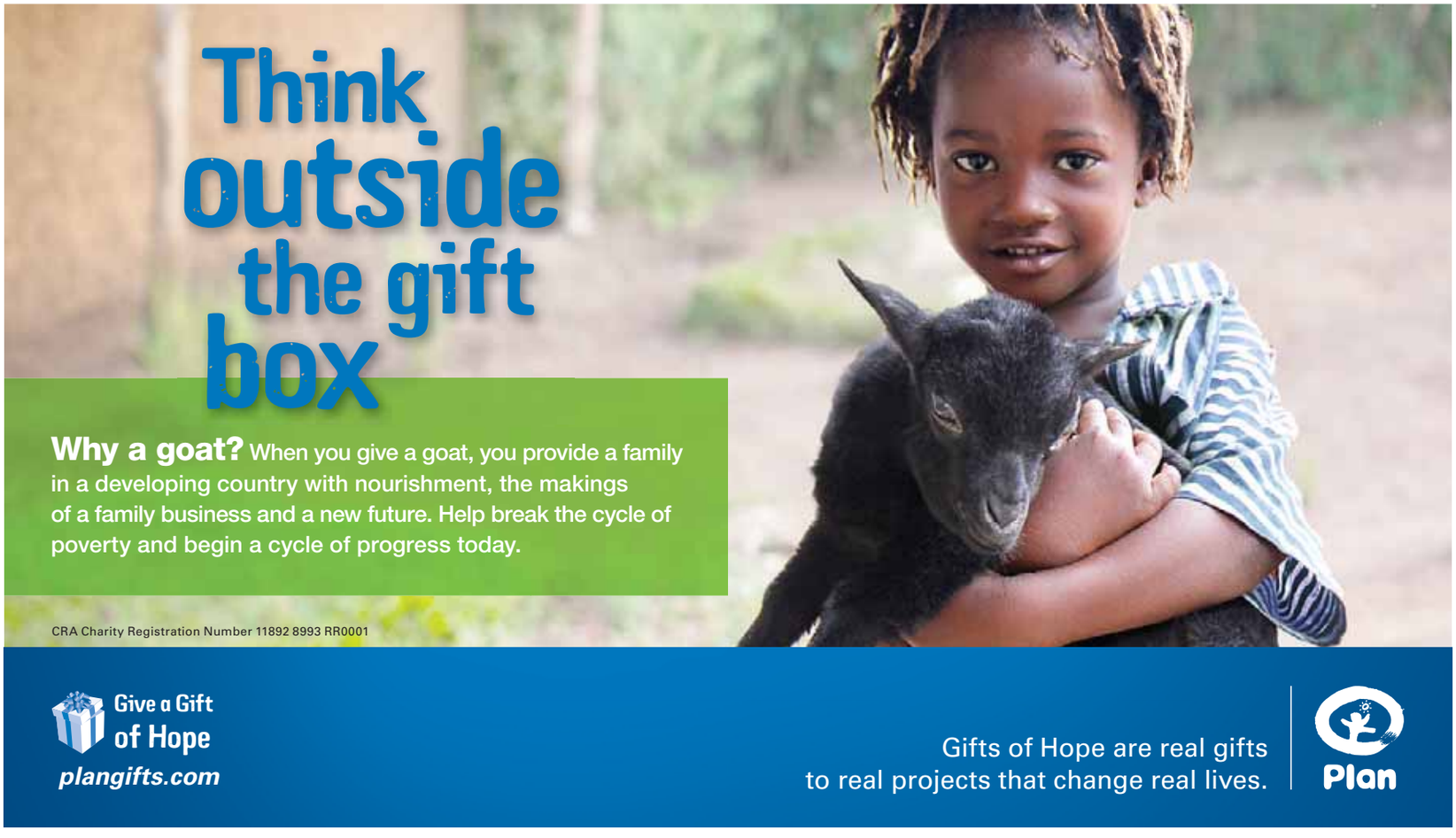
IN BRIEF

Match.com going public
The owner of Tinder, Match.com and OkCupid hopes to raise $466.2 million US in an initial public offering. Match Group Inc. disclosed Monday that it will price its IPO of about 33.3 million shares between $12 US and $14 US per share.

THE ASSOCIATED PRESS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Metro POLL

Are you a medical miracle?

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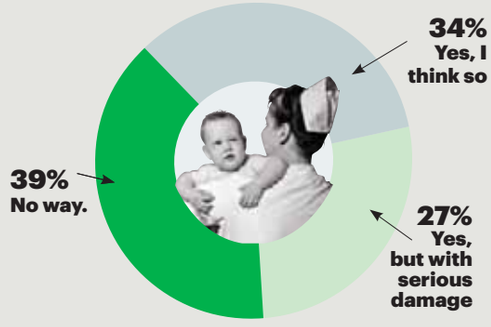
Scientists in Nottingham, England have made a jaw-dropping discovery in an 1,100-year-old book: A recipe for a powerful antibiotic. The medieval brew, which researchers found to be effective in the lab against drug-resistant staph bacteria, was labelled "best medicine," in Old English and calls for onions, garlic, wine and bile from a bovine stomach, left to stew in a warm place for nine days. This miraculous outlier notwithstanding, most folk medicines, herbal remedies and home cures haven't been rigorously tested — but many people choose to use them anyways. We asked our readers: How important have antibiotics been in your life? And do you call the doctor right away when you're under the weather, or do you try your hand at brewing your own "best medicine" at home?

1 Would you be alive today if not for antibiotics? (Note: Before effective antibiotics, many common bacterial infections had mortality rates of 10-30 per cent).



2 What do you do when you catch a cold, flu or bug?

41%
I only go to the doctor if I'm about to drop dead
7%
I go to the doctor within a day
52%
I try home remedies, then go to the doctor if I don't improve

3 Which home remedies do you rely on?

19% Rest and plenty of fluids
15% Tea with honey and lemon (for sore throat/cold/flu)
14% Salt-water gargle (for sore throat)
11% Ginger (for upset stomach)
10% Steam (for congestion)
7% Herbal remedies
6% Massage/meditation
6% Essential oils
5% Homeopathy/naturopathy
2% Prayer
5% Other

Homemade hot lemonade: fresh lemons, corn syrup, water.

Zero. Science, please!

Proper nutrition. Food is the most underused medication.

METRO READERS

Sorry drivers, to fight traffic you have to pay

YOUR RIDE
Kathryn Hunt

Complaining about rush-hour traffic on the highway might be a little like complaining about winter or rain. (Name a city, with any population to speak of, that doesn't have traffic congestion.)

If it feels like Ottawa is particularly bad, with its notorious "slowdown at the split" you're not just imagining it. Ottawa has the dubious honour of ranking third in Canada for traffic congestion in the TomTom Traffic Index (and 10th in North America).

Building more or wider roads just doesn't work in the long run. The only real solution is to get a much greater number of people to choose alternatives to driving.

In Los Angeles, which is ranked as the most congested city in North America, a study found that increasing road capacity — building more or wider roads — just doesn't work in the long run.

For one thing, even if a widened road improves things initially, people who had been avoiding that stretch of road will discover that it's now less clogged, and start using it again.

For another thing, every widened road eventually has to narrow into a smaller one, and the bottleneck will be that much worse.

The only real solution is to get a much greater number of people to choose alternatives such as transit, walking or biking. There are ways to do that, from building more park-and-ride type facilities to improving transit times and connectivity.

But for all the investment in transit and bike infrastructure you can manage, most people will still choose to drive. At least, until it starts costing them, not in time or boredom or frustration, but in actual money. Drivers may not like it, but it's true.

The L.A. study suggests — and other urban planners agree — that the only form of congestion management that works in the long run is charging drivers more to use roads when they're in high demand. An example is London, England's congestion charge, where people pay a fee to bring a car inside the congestion zone at peak times. Pricing strategies like this are most likely coming to Ontario, according to the Transportation Minister, possibly by way of a toll drivers can pay in order to use the high-occupancy vehicle lanes (called carpool or HOV lanes) on the highway.

It works best when major employers are also willing to establish staggered work start times, subsidize transit passes, or help their employees pay for road tolls and parking. And yes, it hits people in the pocketbook. But it forces drivers to make a choice between paying more, or changing their habits to travel at different times or take transit.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

ROSEMARY WESTWOOD

metroview

A nice, well-done, meaningful funeral is tremendously healing

"I often go out of respect," my mum says.

I've just called her on Skype, after going to the funeral of my boss's dad, a man I didn't know. My parents go to acquaintances' funerals a lot, seemingly out of a sense of community, so maybe I get it from them. But not too many other colleagues were there, and it made me wonder about that — about why we go, or don't go, to funerals.

I tell her the respect thing makes sense to me.

"It's so easy not to take the time, to say, 'Oh, my day's too busy, I don't want to do that. Oh, I've got to change out of my stinky dog-walking clothes,'" mum says. "It's taking the time. And I think that it's a recognition of God, really. He created us. Everything comes from Him. I want to be able to go, and show appreciation."

Life is just one step on the way to your eternal home, she says. "So I think it's very positive to acknowledge their work on earth is done. How wonderful is that?"

"It's just sad for the family and friends that are left behind," she adds, then she drifts out of the Skype screen. "Hold on, I'm just giving the Steller's jays some nuts."

Every time I go to a funeral, I leave feeling like I've been directed towards things that matter again.

When she's back, I tell her funerals often make me feel good, in an odd way.

"A really nice, well-done, meaningful service is tremendously healing," she says. "Yes, you're sad that person is gone, but you leave with a sense of hope."

"Every time I go to a funeral, I leave feeling like I've been directed towards the things that matter again," I say.

"Mmm hmm."

"I originally said to someone that I feel like they're uplifting, and I think stand by that," I tell her, "because, funerals are always so full of love, I guess. People appreciating each other."

"Yes. And often time you're standing or sitting beside someone, you have no idea who they are, but you're there for the same reason. It's like going to the cenotaph, remembering and respecting the person's memory."

"Even if it wasn't someone you don't know. I didn't know my boss's dad."

Mum drifts away again, this time to let in the dog.

"It helps you centre your own life, your own mortality," she says when she reappears. "You never know — we're supposed to be joyful, we're supposed to be having fun — you never know when it's going to..."

"... to end."

"Mmm hmm."

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Billy Idol will be dancing with himself in Vegas during a spring residency

New insights into pedophilia

DOCUMENTARY

Czech film explores the role attitudes can play in treatment

Devon Scoble
For Metro | Canada

The phrase 'virtuous pedophile' may seem like an oxymoron, but it's the self-identifying term chosen by a group of men who have committed to never — ever — act on their sexual attraction to children.

According to Dr. James Cantor, senior scientist at Toronto's Centre for Addiction and Mental Health (CAMH) and associate professor of psychiatry at the University of Toronto, pedophilia is like a sexual orientation, inborn and immutable.

"One lesson is the distinction between child molesters, who are criminals that we have to deal with, and pedophiles who are just kind of born — through no fault of their own — with an attraction to children," says Cantor.

The film Daniel's World, which premieres in Canada this month, offers more insight from the perspective of the chaste pedophile. The documentary follows Daniel as he meets his sexologist and fellow pedophiles, seeking to understand and suppress his desires.

For Daniel, a young Czech writer grappling with his sexual identity, living an ethical life means forgoing erotic fulfilment and all hope of finding a suitable life partner.

"The most dangerous things are stereotypes," director Veronika Liskova tells Metro via Skype from the Jihlava International Documentary Film Festival. "I believe that if we know more about the real dangers, then our children can live their lives and we can better protect them."

For Cantor, that means Canada should follow Germany's lead and abolish therapists' mandatory reporting requirements so pedophiles can seek treatment without punishment.

"The only logical thing to do is to help these people live and work in society in a productive way. After 30 years of trying, writing them off as evil hasn't helped. If anything, it's made things worse," he says.

"Now instead of having pedophiles out in society and receiving whatever they need to take the edge off the problem and lead a law-abiding life — psychotherapy, sex drive medication, whatever it is — we have these pedophiles out in society completely unknown and completely unsupervised by anybody. It's absolutely ridiculous."

ANOTHER PERSPECTIVE

Story makes abuse survivor 'nervous'

Glori Meldrum is a sexual abuse survivor, and the founder of Little Warriors, a national charity committed to preventing and treating childhood sexual abuse.

"Everybody deserves to tell their story," she says, "but it also makes me a bit nervous. It's not like people monitor their every action — you can't prove they're not doing anything to kids. This film is like, 'He's got to live with all this stuff.' The other piece is people like me and the kids that we treat — you should see what we're living with."

DEVON SCOBLE/FOR METRO

Writing (pedophiles) off as evil hasn't helped. If anything, it's made things worse.
Dr. James Cantor, Toronto's Centre for Addiction and Mental Health (CAMH)

Daniel, left, and a fellow "chaste pedophile" in a scene from the Czech film Daniel's World. CONTRIBUTED

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Having a heart attack at 40 years old

CARDIOVASCULAR HEALTH

Know your risk and talk to your doctor, experts say

Huffing and puffing in a spin class last February, Elana Trainoff began wondering about the strange sensations she'd been experiencing for several days.

The Toronto resident was short of breath and felt like she had heartburn. She joked to a friend about having one of those "female" heart attacks you read about in women's magazines — the ones that last for days, as opposed to the Hollywood-style scene of a man falling to the floor, clutching his chest. But who has a heart attack at 40?

Trainoff brushed it off and went about her business. The next day — a Saturday — she went snowboarding and then headed to a party. She woke up at 4 a.m. with crushing chest pain.

The pain ebbed and flowed for an hour, but Trainoff soon realized something was seriously wrong.

Her partner at the time drove her to the nearest emergency department. Trainoff was hooked up to an electrocardiogram — a test that checks for problems with the electrical activity of your heart — and within minutes, doctors were rushing to save her life.

Trainoff was experiencing a STEMI, or ST-elevation myocardial infarction, a type of heart attack caused by a protracted blockage of blood supply in the heart. In Trainoff's case, that meant a full-blown, potentially deadly heart attack.

"Your life flashes before your eyes in a heartbeat when you think you have heartburn — and then suddenly you're not sure if you're dying," said the now 41-year-old film and television producer.

While Trainoff was caught off guard by her heart attack, she knew she had a degree of risk because of her family history. Her mother has had an angioplasty, three of her four grandparents suffered from heart disease, two of her cousins have undergone quadruple bypasses, and most members of her extended family have diabetes and take medication for high cholesterol and blood pressure.

At 40 years old, Elana Trainoff suffered a STEMI, or ST-elevation myocardial infarction. "Your life flashes before your eyes in a heartbeat," she says. TORSTAR NEWS SERVICE

"I knew that my genetics were working against me, but when you're younger you don't think it'll impact you for awhile," Trainoff says.

But she's not alone in underestimating the potential risks hidden in her genetic makeup.

A recent survey by the Heart and Stroke Foundation found 51 per cent of Canadians are aware they have a family history of heart disease or stroke — but a third haven't visited their doctor to talk about the risks.

It's a staggering number since more than 1.4 million Canadians have heart disease, which is also one of the leading causes of death in Canada, claiming more than 33 thousand lives every year.

Dr. Jacob Udell, a cardiologist at Women's College Hospital and the Peter Munk Cardiac Centre at Toronto General Hospital, says physicians generally don't consider younger patients at high enough risk to routinely screen for high blood pressure.

But, he says, "If those people had a family history we'd be taking that much more seriously."

The key is finding out what, if any, your genetic risk factors are — and bringing that up with your family doctor.

He also recommended using the Heart and Stroke Foundation's Risk Assessment, an online tool that, through a series of confidential questions, helps determine your risk for heart disease and stroke.

If you have a family history, your physician can recommend lifestyle changes and medications, Udell says.

Trainoff quit smoking and started exercising regularly, is eating a healthy, balanced diet and practicing meditation. She is also taking five different medications.

Her advice to others is to take genetic risk factors seriously and make changes early.

"It doesn't matter how old you are," Trainoff says. "I think there's a misconception that heart attacks only happen to old people — but they don't."

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PUBLIC TRANSIT

Train, bus may be best, study says

It turns out Justin Trudeau was ahead of the curve when he took the bus to his swearing-in earlier this month. Taking the bus or train to work may be healthier than walking, according to a new study published Sunday by the American Heart Association.

"Bus/train commuters had even lower rates of diabetes, high blood pressure and overweight than the walkers or bikers," according to the findings, which were presented at the AHA's Scientific Sessions 2015 meeting this weekend.

The study, which was conducted in Japan, found that compared to drivers, public transport riders were 44 per cent less likely to be overweight, 27 per cent less likely to have high blood pressure and 34 per cent less likely to have diabetes. In a counterintuitive result, improved health was also seen in comparison with walkers and bikers, researchers said. They suggested that one explanation could be that commuters actually walked farther to and from the train or bus station than people who biked or walked to and from work.

Japan's transit commuters are healthier than people who walk to work, a study says. ISTOCK

"If it takes longer than 20 minutes one way to commute by walking or cycling, many people seem to take public transportation or a car in urban areas of Japan," said study author Hisako Tsuji, director of the Moriguchi City Health Examination Center in Osaka, Japan. AFP

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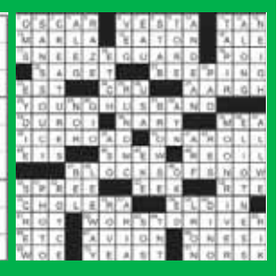
2	7	6	4	5	8	9	3	1
1	6	9	7	3	4	8	2	5
5	8	4	9	1	2	7	6	3
7	2	3	8	6	5	4	1	9
9	3	2	1	4	7	6	5	8
6	5	7	2	8	3	1	9	4
8	4	1	5	9	6	3	7	2



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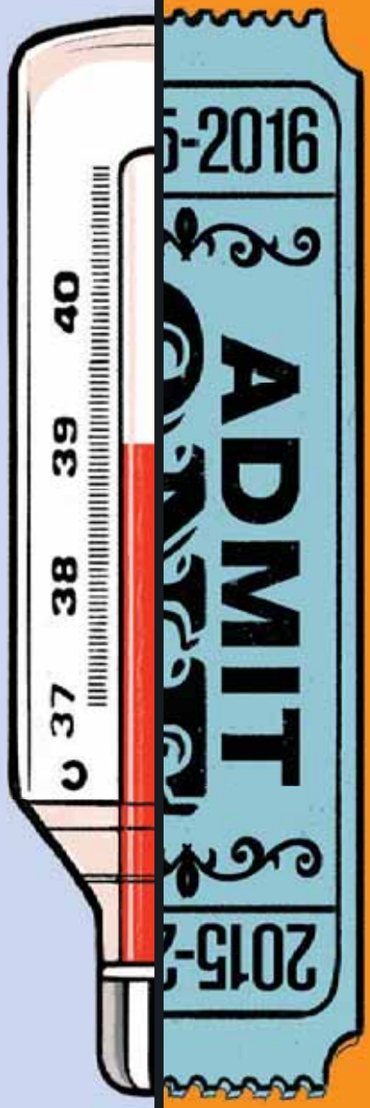

Vaccination is the #1 most effective way to reduce your risk of severe flu this year. Keep up with your plans this flu season.

Walk in to your local Shoppers and get your flu shot.

SHOPPERS DRUG MART

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Extreme Pita

Pitas are a fast food fave, with this traditional Mediterranean and Middle Eastern dish found in food courts just as often as burgers and subs. One assumes that it's always a healthier alternative, as we're loading them up with an endless mixture of veggies, protein and zesty sauces. Extreme Pita is a popular choice, and while there are many ways to keep your pita healthy and tasty, not all of these combinations are so nutritious!

PICK THIS

Thai Chicken Pita (regular)

Ingredients
Asian slaw, mushroom, red onion, romaine lettuce & Sweet Chili Thai sauce

Calories 410
Fat 5g
Saturated fats 3g
Sodium 1266mg

SKIP THIS

Chicken Shawarma Pita (regular)

Ingredients
Tomatoes, pickles, tabouleh, hummus & garlic sauce

Calories 544
Fat 25g
Saturated fats 4g
Sodium 1611 mg

HERE'S WHY

As much fat as four quarter chickens from Swiss Chalet (skinless, white meat).

Shawarma traditionally consists of marinated strips of chicken, usually the thigh, that when shaved are doused with the fat from the meat. The meat is also heavily seasoned, which leads to high sodium levels. If that wasn't indulgent enough, slather your shawarma with hummus and oily garlic sauce and you've got as much fat as four quarter chickens from Swiss Chalet. Instead choose the Thai Chicken Pita, which is a 1/5 of the fat, with its lower fat dressing and array of veggies.

HEALTH

New diabetes test runs on saliva and a smartphone, scientists say

Researchers say a new diabetes test, which is not yet on the market, would be as easy to use as a pregnancy test. AFP

A few days ahead of World Diabetes Day (on Nov. 14), information has been revealed about a new device, currently in the development phase, which could improve early detection of the condition, particularly in disadvantaged communities.

This new device, which has been developed by a multidisciplinary team from the U.S. and Mexico, has been primarily designed to improve early detection in people on low incomes who do not always have access to health care. Scientists at Tec de Monterrey in Mexico, in partnership with colleagues at the University of Houston, say they have developed a device that is able to detect Type 2 diabetes in saliva (or another biological marker).

Avoiding the use of needles, this micro-cartridge that is adaptable to a smartphone tells the user whether they have type 2 diabetes in just a few seconds.

The result is positive if a compound present in saliva reacts by becoming fluorescent.

This is made possible by an enzymatic reaction and a technological process adapted to biochemistry.

"We wanted a device which could identify a biomarker in a sample of saliva, and it had to emit fluorescent light so that a phone camera could record it," explained the project coordinator, Dr Marco Antonio Rite Palomares.

The device, which has proven to be "as simple as a pregnancy test," is primarily intended for low-income groups and is planned to be available within two years.

The team has completed the development phase, and hopes to soon move into mass production if the device is of interest to manufacturers.

Type 2 diabetes is a disorder which is characterized by difficulty in assimilating, using and storing sugar from food.

It affected 9 per cent of adults worldwide in 2014 and led to 1.5 million deaths in 2012 according to the World Health Organization. Over 80 per cent of these deaths occurred in low- and middle-income countries.

If a diagnosis is made several years after its emergence, Type 2 diabetes can damage the heart, kidneys, blood vessels, eyes and nerves. AFP

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4 ADVENT CALENDARS FOR THE DECEMBER COUNTDOWN

Ah, the advent calendar. This Christian tradition for counting down the days until Christmas is now more of a secular pursuit, aimed to increase the anticipation for Dec. 25. And it's moved beyond flimsy cutout doors revealing cardboard tasting chocolates. This year's lineup of treats gets a little more sophisticated — from short stories to high-end whisky. TORSTAR NEWS SERVICE/METRO

1 The Whisky Advent Calendar

What better way to get ready for multiple familial engagements than by taking a daily shot of whisky? As you count down to Dec. 25, you'll encounter a rare 50-year-old Scotch, an award-winning Japanese whisky and the World's Best Blended Whisky. Some of these samples are worth over $700 a bottle! **Price:** $250. **Available at:** masterofmalt.com

2 David's Tea 24 Days of Tea

If curling up with a cup of tea is the ideal winter activity, this will warm the heart. Each of the 24 drawers features a tin of David's Tea classic and festive flavours, including mulled wine, gingerbread cookie and banana nut bread. Available in stores and online. Allow three to four business days for delivery. **Price:** $40 **Available at:** davidstea.com

3 Short Story

Voracious readers will love this collection of two dozen short stories from writers across North America, including Pasha Malla, Jess Walter, Richard Van Camp and Heather O'Neill. Each chapbook is sealed, so every story is a surprise. Orders accepted until Nov. 13. **Price:** $50 **Available at:** shortstoryadventcalendar.com

4 Ciaté London Mini Mani Month

Sure, no one has time to change their nail polish every day, but you could with this 24-piece set of nail goodies from Ciaté London. This calendar features miniature nail polish in a variety of shades and glittery finishes, a nail file and other treatments. **Price:** $71 **Available at:** sephora.com

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In today's challenging economic climate, change is constant. Businesses are forever expanding, reorganizing, and downsizing. Frequently those who experience the most change are the employees of those businesses. At times change can be good for an employee and may mean a promotion, salary increase, or more responsibility. But often it is not. As an employment lawyer, I regularly speak with employees who must deal with a demotion, pay reduction, transfer to a faraway location, or some other form of fundamental change to their job. When faced with such changes, employees often feel that they have no choice but to accept the change. That is completely wrong. An employee faced with a significant change to the terms of employment may be entitled to resign and demand their full severance.

CONSTRUCTIVE DISMISSAL

A constructive dismissal happens when you choose not to accept a fundamental change to the terms of your employment. Frequently, individuals believe that if they make a decision to leave their employment then they are not entitled to severance or that the decision would somehow impact the amount of severance they are owed. This is incorrect. If you leave your job because the change your employer has mandated is too substantial then you have been wrongfully dismissed and are entitled to full compensation. A common example of constructive dismissal I encounter would be an employer requiring an individual to work on a different shift. Often such changes impact childcare, religious, or other important obligations. If the changes required are not possible or cause substantial hardships then the employee has been terminated and is owed severance. This is despite the fact that the employer has not formally dismissed that person. Too often I speak with individuals who have been relocated, demoted, laid off, or forced to take a pay reduction and feel that they must accept that change required by their employer. This is completely false. You have a right to a fair and stable work environment and are not required to accept any changes which have a substantial impact on your personal or work life.

"POISIONED" WORK ENVIRONMENT

In the same way you do not have to accept changes that impact your personal life, you should also not accept a requirement to remain in a workplace where you are facing discrimination or a 'poisoned' work environment. Too frequently, individuals feel trapped working alongside others who harass or otherwise make them feel uncomfortable at work. If your employer is unable to correct the situation it is your right to refuse employment. Discrimination, harassment, or loss of dignity should not be accepted in the workplace and can lead to constructive dismissal and the requirement to pay the employee compensation.

CONSTRUCTIVELY DISMISSED?

Common indicators that you have been constructively dismissed include:

- Reduction or elimination of compensation such as salary, bonuses, commissions, benefits, or pension entitlements.
- You have been temporarily laid off from your current position.
- You have been transferred to another territory or geographic location.
- You have been demoted, had your responsibilities reduced, or have been placed in a substantially different position.
- You are required to work in a 'poisoned' environment.

If you are unsure whether you have to accept a change to your employment, I encourage you to contact me and have the proposed change assessed. If you are terminated for not accepting a substantial change to your employment then you have been wrongfully dismissed and are owed severance. In either case use the Severance Calculator to see how much you are owed (www.SeverancePayCalculator.com) and do not hesitate to call or e-mail me.

Lior Samfiru is an employment lawyer and senior partner at Samfiru Tumarkin LLP. He is the host of the 'Employment Hour' heard Saturdays at 4:00PM on AM580 (CFRA).

Calculate the severance you are owed at www.severancepaycalculator.com

metro SPORTS

Denver Broncos' Aqib Talib banned for one game for poking Colts' Dwayne Allen in the eye during Sunday's NFL game

Russia accused of doping coverup

TRACK AND FIELD

WADA findings could result in Olympic ban for sports giant

Russia's status as a sports superpower and its participation in track and field events at next year's Olympics came under threat Monday after a report accused the Russians of widespread, state-supported doping reminiscent of the darkest days of cheating by the former East Germany.

The findings by a commission set up by the World Anti-Doping Agency were far more damaging than expected. It means that two of the world's most popular sports — soccer and track and field — are now mired in scandals that could destroy their reputations.

The WADA investigation's findings that Russian government officials must have known about doping and coverups, with even its intelligence service, the FSB, allegedly involved, threatened to severely tarnish President Vladimir Putin's use of sports to improve his country's global standing.

Russia hosted the last Winter Olympics in Sochi in 2014 and will hold the next World Cup in 2018. "It's worse than we thought," said Dick Pound, an International Olympic Committee veteran who chaired the WADA probe. "It may be a residue of the old Soviet Union system." The 323-page report said that in Russia, "acceptance of cheating at all levels is widespread." Among its findings:

- Moscow testing laboratory director Grigory Rodchenkov ordered the "intentional and malicious destruction" of 1,417 doping control samples to deny evidence for the investigation.

- FSB agents regularly visited the lab, routinely questioned its staff and told some of them not to co-operate with WADA as part of "direct intimidation and interference by the Russian state" with the lab's work.

- FSB agents even infiltrated Russia's anti-doping work at the Sochi Olympics. One witness told the inquiry that "in Sochi, we had some guys pretending to be engineers in the lab, but actually they were from the Federal Security Service."

- "Widespread inaction" by track and field's governing body, the International Association of Athletics Federations, and Russian authorities allowed athletes suspected of doping to continue competing.

The WADA commission recommended that WADA declare the Russian athletics federation "noncompliant" with the global anti-doping code, and that the IAAF suspend the federation from competition.

The IAAF responded by saying it will consider sanctions against Russia, including a possible suspension that would ban Russian track and field athletes from international competition, including the Summer Olympics in Rio de Janeiro. IAAF President Sebastian Coe gave the Russian federation until the end of the week to respond.

"If they are suspended — and it sounds like the IAAF is moving in that direction already — and they are still suspended, at the time of Rio, there will be no Russian track and field athletes there," Pound said.

He added that Russia's doping could be called state-sponsored. "They would certainly have known," Pound said.

Russian Sports Minister Vitaly Mutko, whose ministry was accused by the WADA probe of giving orders to tamper with anti-doping tests, insisted Russia's problems are no worse than in other countries. Russia is being persecuted, he said, telling Interfax: "Whatever we do, everything is bad."

He threatened to cut all government funding for anti-doping work, saying "if we have to close this whole system, we would be happy to" because "we will only save money."

Mutko denied any wrongdoing to the WADA panel, including knowledge of athletes being blackmailed and FSB interference. Pound said Mutko must have known.

THE ASSOCIATED PRESS

Canadian Dick Pound, chairman of WADA's Independent Commission, presents the findings of his Commission's Report surrounding allegations of doping in sport, during a news conference, in Switzerland on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

WADA's Richard Pound says Russian minister for sport Vitaly Mutko, left, and Russian president Vladimir Putin and his government must have known about the widespread doping and coverups.
AFP/GETTY IMAGES

CANADA'S REACTION

Drug cheats robbed runner Stellingwerff of final place

It was a moment stolen from Hilary Stellingwerff. The Canadian missed qualifying for the women's 1,500-metre final at the 2012 London Olympics by just one spot — a final that, as it turns out, was full of drug cheats.

Since those Games, three of the finalists — including the gold medallist — have been disqualified for doping infractions. And Russia's fourth-place finisher Tatyana Tomashova had already served a doping suspension.

"I was so gutted in London to miss the final by just a hair, because I knew that there were girls in there that shouldn't be," Stellingwerff said. And while the World Anti-Doping Association's report Monday of doping and cover-ups is another black mark on the sport, Athletics Canada's head coach Peter Eriksson said it's good news for Canada. "Because we're not a country that cheats, we're a country that can stand up through all of this fog and say 'Look at us, we're a clean country, we're doing X, Y and Z,"' Eriksson said.

Canada won an unprecedented eight medals at the world championships in August, proof, say some, that a crackdown on doping is showing in results.

THE CANADIAN PRESS

NHL

League GMs meeting to review rule changes

NHL general managers are expected to review rule changes and discuss the controversial coach and executive compensation policy at their annual November meeting on Tuesday.

For the first time, the league has three-on-three play in overtime and coach's challenges for goaltender interference and offside plays. Deputy commissioner Bill Daly doesn't expect any potential changes to those rules to take place right away.

"These rules are the way they're going to be at least for the balance of the season," Daly said Monday. "I don't think there's been any unintended consequences for the rules. And I think they've operated as we've expected they'd operate."

A year ago at this meeting, GMs got rid of the dry scrape of the ice surface before overtime, which was designed to create more offence in overtime and cut down on shootouts. As Ken Holland of the Detroit Red Wings put it, the dry scrape turned out to be a "buzz kill" that stopped the momentum of games, so it was removed almost immediately.

One area of debate is whether refereees and linesmen should decide coach's challenges in consultation with the situation room in Toronto or whether the league should have that power as it does on the puck crossing the goal line. Currently, officials watch replays on a tablet device at the penalty box.

In the first 214 games of the season, coaches challenged 32 plays. Seven of 23 goaltender interference challenges overturned the call on the ice, while four of nine offside challenges overturned the call on the ice.

THE ASSOCIATED PRESS

NHL Deputy Commissioner Bill Daly
GETTY IMAGES

OHL

Fired Flint Firebirds coaches reinstated after owner admits 'mistake'

The owner of the Flint Firebirds junior hockey team has apologized for firing his coaching staff over the weekend, saying he made an "irresponsible mistake."

Rolf Nilsen says in a statement that the team took immediate steps Monday to reinstate the coaches after every member of the team handed in his jersey and quit in protest on Sunday.

According to multiple reports, Nilsen fired head coach John Gruden and assistants Dave Karpa and Petr Jonak because his son — defenceman Hakon Nilsen — was not receiving enough playing time. Ontario Hockey League commissioner David Branch travelled to Flint today to meet with all parties. Nilsen says the team is fully co-operating with the league.

The Firebirds moved to Flint this season after an 18-year run in nearby Plymouth, Mich.

THE CANADIAN PRESS

RECIPE Lemon Thyme Spatchcock Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spatchcock is a butchering method that removes the backbone so the bird can be flattened; allowing for a more even roasting and, the best part, less cook time. A butcher can remove the bone or try one of the great online videos demonstrating this easy method.

Ready in
Prep time: 15 minutes
Cook time: 40 minutes
Serves 6

Ingredients
- 1 spatchcock Chicken
- 1/4 cup extra virgin olive oil
- Juice of one lemon
- 1 Tbsp dried thyme
- 1 tsp oregano
- Salt and pepper
- 1 lb new potatoes, halved
- 1 bulb of garlic, cloves peeled
- 1 Tbsp olive oil

Directions

1. Preheat oven to 425 F.

2. In a small bowl, whisk olive oil, lemon juice, thyme and oregano. Place chicken breast side up on a large roasting pan and brush herb mixture over the entire surface of the chicken. Season with 1 Tbsp salt and 1/2 tsp pepper.

3. Meanwhile, in a large bowl, toss potatoes, garlic cloves, oil and 1/2 tsp salt. Scatter the potatoes and garlic around the body of the chicken in a single layer.

4. Roast in the oven for 40 to 45 minutes, or until a thermometer inserted into the thickest portion of the breast reaches 165 F. Remove chicken from oven and let rest for 10 minutes. Carve and serve with potatoes and a salad.

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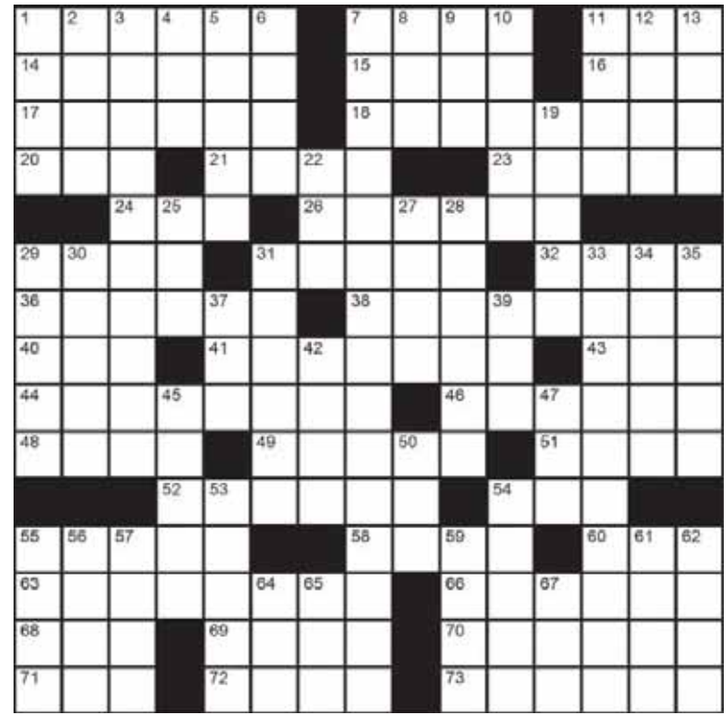
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hindu festival of lights
7. Sotheby's offers
11. Suitcase
14. Leisurely music tempo
15. CNN's "__ Burnett OutFront"
16. Mozart opera, L'__ del Cairo
17. Discover
18. Lighting for Austin Powers: 2 wds.
20. Mailing encl.
21. Mr. Malden
23. Celebrations
24. Real estate abbreviation
26. Atomic Number 56
29. Batman's butler's namesakes, shortened
31. __ mignon (Steakhouse order)
32. Drop
36. Winnipeg-born actress Ms. Durbin
38. Cape Breton Island: 'Gateway to the Highlands' area on the Cabot Trail
40. Feel yucky
41. In ancient Greek mythology, hunter who got turned into a hunted-by-hounds stag
43. Feminine pronoun
44. Magician's creation
46. Scottish recording artist Sheena
48. Carpentry tool
49. Comic actor Mr. Johnson's
51. River islets
52. Recently: 2 wds.
54. Corporate executives, e.g.
55. The Great Wall of __
58. Prefix meaning 'Wine'
60. Visited
63. Shaw media specialty channel that airs classic TV shows
66. "Let's Wait __" by Janet Jackson
68. Twi'__ (Humanoid species in the 'Star Wars' universe)
69. 'Persist' suffix
70. Like a leaf or marble
71. Chicago's li'l state
72. Hershey's chocolate/toffee bar
73. "C'mon Everybody" rocker Mr. Cochran's

DOWN
1. Fathers, to kids
2. Brain wave
3. Hamilton = City of __
4. "The __ of Adaline" (2015)
5. Phrasings in jazz improv
6. Shred
7. Free-standing telecommunications structure in Moncton: 3 wds.
8. "__ & Abby" (2006) starring Chris Messina
9. Segment [abbr.]
10. Confusion-causing mess
11. Ship
12. Highest point
13. Spaces
19. Clunky car
22. MLB statistic
25. Butterfly logo co.
27. __-Levesque (Boulevard in Montreal)
28. "__ __ without saying..."
29. Soaps actress Deborah
30. Priestess in Georges Bizet opera The Pearl Fishers
31. Spa treatment
33. Cree Nation in Quebec which is home to the province's largest freshwater lake
34. "The Kid __ __ Tonite" by Loverboy
35. And so, plurally
37. 'Street's Disciple' rapper
39. __ _ whim
42. Afghanistan's __ Bora
45. Once __ _ time
47. Tree's treat
50. Shoe width
53. Most liked things, fun-style
54. Pledged
55. Nero's 451
56. Scoundrel
57. Alphabetic quartet
59. Place for pews
61. Sailor's sheltered side
62. Ties the knot
64. Pen's blue stuff
65. Green
67. Concealed

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be tempted to kick up a fuss because someone has let you down. Is it worth the effort? Life is an ordeal only if you make it one.

Taurus April 21 - May 21
It is easy to point out the flaws in another person's belief system but does it make a difference? Probably not. Some people can be incredibly stubborn (look in the mirror!) so don't waste time or energy on them.

Gemini May 22 - June 21
You may be tempted to play things by ear today but the planets warn you are likely to regret it. You will do best if you have a specific aim and a workable plan that will get you from A to B by the shortest route.

Cancer June 22 - July 23
Do you tell a friend what they want to hear or what they need to hear? It's best to get bad news over with quickly. Don't worry too much about their feelings — they'll get over it.

Leo July 24 - Aug. 23
Try so hard to make a good impression and you could end up turning people against you. Don't pretend to be someone you are not because others will see through your act.

Virgo Aug. 24 - Sept. 23
You don't have to try too hard but you do have to make some sort of an effort. Where money is concerned you should check each and every detail twice, because errors could have costly consequences.

Libra Sept. 24 - Oct. 23
Your confidence may be high these days but don't take things for granted. It's a great time to make plans but remember to be flexible — even the best laid plans can change at the last moment.

Scorpio Oct. 24 - Nov. 22
Don't trust the person who tries to convince you that you owe them in some way. You feel good about life but that does not mean you have to give what you own away.

Sagittarius Nov. 23 - Dec. 21
There are things going on behind the scenes that you won't know about until later in the month. You are still moving in the right direction, so take life as it comes.

Capricorn Dec. 22 - Jan. 20
The more people say you should trust them the more you should be on guard. It is unlikely they are deliberately trying to mislead you but they themselves may have been misled.

Aquarius Jan. 21 - Feb. 19
Lady Luck will come knocking and you should grab what she has to offer with both hands. You may be tempted to wait for a better deal but what if it doesn't come?

Pisces Feb. 20 - March 20
The more time and energy you have put into something the more reluctant you will be to give up on it but the break needs to be made. Clear a space in your life and something better will come to fill it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9		7			1		
7	1				2			
					3			8
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			6		4			
	4	1		5				2
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